

WHAT'S NEW

IN HEALTH & SOCIAL CARE FORTNIGHTLY BULLETIN
KEEPING YOU UP TO DATE WITH ALL THE LATEST RESEARCH AND GUIDANCE IN HEALTH AND SOCIAL CARE WE COLLATE IT SO YOU DON'T HAVE TO

1st March 2019

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Please note:

Research articles and guidance are selected in accordance with agreed inclusion/exclusion criteria. This is available on request and will be reviewed regularly. In brief, research is taken only from peer-reviewed, generic public health journals; guidance is taken only from reputable national organisations such as NICE, SCIE and SIGN

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ADULT SOCIAL CARE

1. Strengths-based social work: practice framework and handbook

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 12 February 2019

Abstract: The Department of Health and Social Care has developed a framework and handbook to support social workers and social care professionals in applying a strengths-based approach to their work with adults. It follows a [2017 report on strengths-based social work practice with adults](#).

Websites [DHSC](#)

2. Relationships and sexuality in adult social care services: Guidance for CQC inspection staff and registered adult social care providers

Author: CARE QUALITY COMMISSION

Date: 21 February 2019

Abstract: This guidance sets out how care providers should consider people's relationship and sexuality needs. The guidance builds on [the Care Quality Commission quality framework](#), adding further detail on issues like relationships, diversity and protecting people from harm. It covers a diverse range of often complex issues, including supporting people to form and maintain relationships, while also helping them to understand risks. It also highlights the importance of offering an environment that is welcoming to LGBT+ people, as well as looking at how to support those with physical disabilities.

Websites [Press Release](#); [Report](#)

3. Social media and social service workers

Author: INSTITUTE FOR RESEARCH AND INNOVATION IN SOCIAL SERVICES

Date: 21 February 2019

Abstract: Understanding the social media landscape and the potential benefits for social care practice is vital for the workforce, yet research and guidance has been slow to keep up with the demand for support coming from those working within the sector. This document explores what is understood by 'social media'; perceived risks of using it; opportunities provided; relationship to workforce wellbeing; and future implications for practice. Key points include:-

- Social media presents significant opportunity for social service workers
- Social media, when used effectively can be a tool for workers to improve practice, encourage collaboration, create virtual communities of practice, facilitate greater integration and track CPD
- Social media is about more than just Facebook and Twitter; there are a range of other channels to help practitioners develop and improve practice
- Organisations should recognise the potential of social media for practice and be supportive of its use, providing clear guidance to avoid confusion and anxiety about risk
- Lessons on the use of social media can be taken from other disciplines including healthcare and education

Websites [IRISS](#)

4. Is end-of-life care a priority for policymakers? Qualitative documentary analysis of health care strategies

Author: SLEEMAN, K. E

Journal: Palliative Medicine: Early Online

Abstract: This research has found that local authorities have failed to prioritise palliative and end of life care, despite the health care challenges posed by a rapidly ageing population. The research is based on an analysis of the Health and Wellbeing Strategies of 150 local authorities across England, which found that only 4 per cent cited end of life care as a priority. This research highlights the large variations in the prioritisation of palliative and end of life care across England and underscores the need for greater scrutiny of local health and care strategies to avoid the unintended creation of a palliative care post code lottery.

Websites [Sage](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

5. Children of Alcoholics

Author: NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

Date: February 2019

Abstract: The 10-16 February 2019 was Children of Alcoholics Week. It is a campaign to raise awareness of children affected by parental alcohol problems and let them know that support is available not just for the campaign week. The National Association for the Children of Alcoholics (Nacoa) provide support, information and advice to children of alcohol-dependent parents and others concerned with their welfare.

Websites [CoA - Awareness week](#); [CoA - Help and Support](#)

6. Councillor workbook: engaging with young people

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 February 2019

Abstract: A local councillor represents everyone living in their ward – and across the UK, nearly two in 10 people are under 16. Having a good experience growing up gives children a much better chance of making a positive transition to adulthood and reaching their potential; by listening to and acting on their concerns and supporting them to shape their community, a local councillor can strengthen your community going forward. This workbook provides some signposting and ideas around the engagement of young people. Like so many areas of modern life, the methods of communication, the fora with which young people engage and the organisations representing them are often much more fluid and dynamic than for other aspects of the population.

Websites [LGA](#)

7. 'Lost generation' of deaf children falling a grade behind at GCSE

Author: NATIONAL DEAF CHILDREN'S SOCIETY

Date: 13 February 2019

Abstract: New analysis from the National Deaf Children's Society, which examined the Department for Education's 2018 attainment figures finds that deaf children are falling a whole grade behind their hearing

classmates and most leave school with less than a grade 4/C in English and Maths. The results also reveal that despite the best efforts of deaf children to catch up with their peers, the gap between them will now take 21 years to close. The charity state that the Government needs to address the gap in results urgently and begin to adequately fund the support deaf children need.

Websites [NDCS](#); [Local Government Association Response](#)

8. Hospital admissions for youths assaulted with sharp objects up almost 60%

Author: NHS ENGLAND

Date: 09 February 2019

Abstract: Teenagers accounted for more than 1,000 admissions to hospital as a result of assaults with a knife or sharp object last year, NHS figures show. Admissions for all injuries caused by an assault with knife or other sharp objects have gone up by almost a third since 2012-13, from 3,849 to 4,986 last year. However, admissions involving youngsters aged between 10 and 19 increased nearly twice as fast, with 656 hospital admissions in 2012-13 up to 1,012 last year – a rise of around 55%. Doctors warned that high street sales of knives is helping to fuel the rise in stabbings, and called on retailers to do more to stem the tide of available weapons. One of England's top trauma surgeons revealed that in one London trust alone, two people a day are admitted to hospital with a stabbing injury, having a devastating effect on families and placing avoidable pressure on NHS staff.

Websites [NHS England](#)

9. Healthy beginnings: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 14 February 2019

Abstract: Updated evidence and guidance to help healthcare professionals provide early intervention for children and reduce long term health and social costs. All Our Health takes an ecological approach to improve outcomes for children by addressing the child as an individual within the context of his or her family, community and the wider system in which children and families live. The first 1001 days (from conception to age 2) are recognised as a crucial period during which the foundations for future health and wellbeing are built.

Websites [PHE](#)

10. International comparisons of health and wellbeing in adolescence and early adulthood

Author: RAKHEE, S

Date: 20 February 2019

Abstract: Young people aged 10–24 make up approximately a fifth of the population of most high-income countries and there are strong health and economic arguments for improving their health outcomes. This report summarises how 17 key indicators of the health and wellbeing of young people aged 10–24 vary in a selection of 19 similar high-income countries both within and outside of Europe. The report, published with the Association for Young People's Health, provides an indication of where health outcomes for adolescents and young adults in the United Kingdom (UK) could be improved. Despite some successes, the UK's performance on the 17 key health and wellbeing indicators highlighted in this report often lags behind that of the other 18 countries included in the analysis and there is much room for improvement.

Websites [Report](#)

11. Reducing Parental Conflict programme: information for stakeholders

Author: DEPARTMENT FOR WORK AND PENSIONS

Date: 14 February 2019

Abstract: Parents play a critical role in giving children the experiences and skills they need to succeed. However, children who are exposed to parental conflict can suffer long-term harm. The Reducing Parental Conflict programme encourages local authorities across England to integrate services and approaches which address parental conflict into their local services for families. This guidance brings together information and resources for local authorities and other stakeholders involved in the Reducing Parental Conflict programme.

Websites [DWP](#)

12. Vulnerable children in a digital world

Author: KATZ, A.

Date: 12 February 2019

Abstract: This report provides insight into the online world of the UK's most vulnerable children highlights the potential online risks that different groups of vulnerable children may face online, such as pressure to be sexting, cyberbullying, cyber scams, or seeing content promoting self-harm, anorexia and suicide. It also offers guidance on ways to support vulnerable children emphasising the introduction of specialised training and tools across all sectors to draw on the ability to identify the most likely online issues facing the highest risk children and trigger early intervention.

Websites [Internet Matters.org](#); [Report](#)

13. Children aged under 16 years who have experienced the death of their mother

Author: OFFICE FOR NATIONAL STATISTICS

Date: 22 February 2019

Abstract: Estimates of the number of children born in England and Wales who have experienced the death of their mother before they reach age 16 years. Data are taken from the Longitudinal Study.

Websites [ONS](#)

14. Child abuse and neglect

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: February 2019

Abstract: This quality standard covers recognising, assessing and responding to abuse and neglect of children and young people under 18. It covers physical, sexual and emotional abuse. This quality standard describes high-quality care in priority areas for improvement.

Websites [NICE](#)

15. Vulnerable Adolescents Thematic Review

Author: SPENCER, C; et.al.

Date: 26 February 2019

Abstract: The Vulnerable Adolescents Review was commissioned in Summer 2017 following the tragic deaths of three young people in less than a month. The aim of the review was to understand the factors that led to such devastating consequences and to identify important lessons that will help services in Croydon keep children and young people safe and reduce the risk of future harm.

Websites [Report](#); [Press Release](#)

16. Health Warning Labels Correct Parents' Misperceptions about sugary drinks options

Author: MORAN, A

Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 19-27

Abstract: Noncarbonated sugar-sweetened beverages, such as fruit drinks, sports drinks, and sweetened teas are increasingly promoted to and consumed by youth. These beverages may be perceived as healthier options than soda. To educate consumers about beverages high in added sugar, several cities and states have proposed policies mandating health warning labels on sugar-sweetened beverages. In 2015, a total of 2,381 parents were randomized to a no label, calorie label, or warning label condition. An online survey asked about the healthfulness of different beverages, and asked parents to select a beverage for their child in a choice task. Regressions compared the warning and calorie label groups to the control group and measured mediating effects of health beliefs on beverage choice. Findings show that parents viewed fruit drinks, sports drinks and sweetened teas as healthier and less likely to cause disease than soda. Compared with no label, warning labels significantly increased parents' risk perceptions for all beverages except soda. Warning labels significantly reduced the odds of selecting fruit drinks for the child, and this effect was mediated by changes in health beliefs and risk perceptions.

Websites [Science Direct](#)

17. 'DrinkThink' alcohol screening and brief intervention for young people: a qualitative evaluation of training and implementation

Author: DERGES, J

Journal: Journal of Public Health Vol: 40 Part: 2: Pages: 381-388

Abstract: Alcohol Screening and Brief Intervention (ASBI) helps reduce risky drinking in adults, but less is known about its effectiveness with young people. This article explores implementation of DrinkThink, an ASBI co-produced with young people, by health, youth and social care professionals trained in its delivery. A qualitative evaluation was conducted using focus groups with 33 staff trained to deliver DrinkThink, and eight interviews with trained participants and service managers. These were recorded, transcribed and a thematic analysis undertaken. The study concludes that implementation was limited because staff had not been involved in the design and planning of DrinkThink. Staffs' perceptions of alcohol problems in young people and the diverse cultures in which they work were subsequently not accounted for in the design. Co-producing youth focused ASBIs with the professionals expected to deliver them, and the young people whom they target, may ensure greater success in integrating them into working practice.

Websites [Oxford](#)

18. Associations between family and home-related factors and child's snack consumption in a multi-ethnic population

Author: GRIEKEN, A

Journal: Journal of Public Health: Early Online

Abstract: Energy-dense snacks are considered unhealthy due to their high concentrations of fat and sugar and low concentrations of micronutrients. This study aimed to evaluate associations between family and home-related factors and children's snack consumption. It explored associations within subgroups based on ethnic background of the child. Cross-sectional data of 644 primary school children (mean age: 9.4 years, 53% girls) from the population-based 'Water Campaign' study conducted in the Netherlands were used. Findings show that of the children, 28.7% consumed more than one snack per day. Children of parents who expressed more restrictive parenting practices towards the child's snack consumption, and who modelled snack eating less often had lower snack intake. Restrictive parenting practices and parental modelling of healthy snacking were significant for children with a Dutch or Moroccan/Turkish ethnic background, but not for children with a Surinamese/Antillean ethnic background. In conclusion it was observed that parenting practices and parental

modelling were independently associated with the child's snack intake. Also, the relationships between these factors and the child's snack consumption differed for children with distinct ethnic backgrounds.

Websites [Oxford](#)

19. Studies on the influence of breakfast on the mental performance of school children and adolescents

Author: Zipp, A.

Journal: Journal of Public Health Vol: 27 Part: 1: Pages: 103–110

Abstract: The study determines the influences of breakfast in school on the cognitive abilities of pupils including the factors age, breakfast at home and SES. One thousand one hundred eighty-one children and adolescents aged 8 to 18 years (9 primary and 4 secondary schools in Germany) participated in a crossover design. The comprehensive evaluation of all assigned test foods shows a significant improvement in the mental performance for all test parameters. The measured improvement of mental performance increases with the age of the subjects. This is based on the decreasing percentage of children having breakfast at home. Breakfasting at home proves generally more effective compared with breakfast at school. The test food consumed suggests an important difference in the increase of mental performance as a function of their composition. In conclusion, based on the results obtained, it is highly recommended to offer breakfast at school, particularly at the secondary school level.

Websites: [Springer](#)

20. A study of electronic cigarette use among youth

Author: ALI, S

Journal: Journal of Public Health Vol: 26 Part: 4: Pages: 417-424

Abstract: Currently electronic cigarettes are becoming popular, especially among youth (middle and high school students). Their usage is being debated concerning their role in smoking cessation. The electronic cigarette, also known as e-cigarette, is an electronic nicotine delivery system. This study aims to assess the extent of e-cigarette experimenting among youth from 2011 to 2015 grade-wise and gender-wise. Findings show the trend of experimenting with e-cigarettes at different ages and grades has been increasing steeply among youth. In the year 2015, about 45% of 12th graders experimented with e-cigarettes. Also, about 24% of females and 29% of male students have reported experimenting with e-cigarettes. Significantly, more Mexicans and Native Hawaiians, and fewer Asians tried e-cigarettes compared to the rest. There was no significant difference in experimenting with e-cigarettes among whites versus non-whites and African Americans versus non-African Americans. In conclusion the findings emphasize the need to make policy makers and school administrators aware of the extent of usage of e-cigarettes, especially, among juniors and seniors. Since the prevalence of e-cigarette use is steeply increasing over the past years, proper intervention programs should be implemented in schools for the benefit of targeted youth.

Websites [Springer](#)



COMMISSIONING AND ECONOMICS

21. LGA: cost of caring for unaccompanied children seeking asylum

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 21 February 2019

Abstract: The amount of money spent by councils on providing vital care and support has increased. Latest

figures show that the number of asylum-seeking children and young people in care in England under 18 rose from 2,760 in 2014/15 to 4,480 in 2017/18. Councils spent more than £152 million on unaccompanied asylum-seeking children in 2017/18 – an increase of 95 per cent on the £77 million spent in 2014/15. The Local Government Association is calling on the Government to complete its long-awaited review of the cost to councils of supporting unaccompanied children, and for this to provide the long-term funding arrangements that give councils the resources required to offer the care and support that children in their care, and those leaving that care, deserve.

Websites [LGA](#)

22. Extending legal rights to personal health budgets and integrated personal budgets: consultation response

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 21 February 2019

Abstract: The Department of Health and Social Care and NHS England held a public consultation that explored giving more people the right to have personal health budgets and integrated personal budgets. This would give people more choice and control over the money spent on meeting their health and wellbeing needs. The consultation ran from 6 April 2018 to 8 June 2018 and we received over 400 responses. The government and NHS England's response to the consultation sets out:

- what we heard over the course of the consultation
- our response to respondents' views
- our next steps

Websites [DHSC](#)

23. Best Practice Update on Conflicts of Interest Management: Call to Action for CCGs

Author: NHS ENGLAND

Date: 21 February 2019

Abstract: This document aims to support CCGs to identify and manage conflicts of interest. This guidance is a practical toolkit, which includes templates and case studies to support CCGs with conflicts of interest management

Websites [NHS England](#) c



HEALTH CARE PUBLIC HEALTH

24. National Prostate Cancer Audit: Annual Report 2018

Author: HEALTHCARE QUALITY IMPROVEMENT PARTNERSHIP

Date: 14 February 2019

Abstract: There are over 40,000 new diagnoses of prostate cancer every year in the UK and over 11,000 men die because of the disease. This makes prostate cancer the second most common cause of cancer-related death for men in the UK. This report presents results for men diagnosed with prostate cancer between 1st

April 2016 and 31st March 2017 in England and Wales. It reports on specific diagnostic, staging and treatment information as well as core performance indicators in order to compare diagnostic specialist MDTs or treatment centres. This is the first report which combines English and Welsh data as well as using patient-reported experience (PREMs) and outcome measures (PROMs) as performance indicators. Reporting on a total of 14 performance indicators, the NPCA is the first national audit which is able to report on process and outcome measures from all aspects of the care pathway for men with prostate cancer.

Websites [HQIP](#)

25. Serious eye disorders

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: February 2019

Abstract: This quality standard covers the diagnosis and management of cataracts, glaucoma and age-related macular degeneration (AMD) and the prevention of sight loss. It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

26. UK strategy for rare diseases: 2019 update to the implementation plan for England

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 27 February 2019

Abstract: The UK Strategy for rare diseases: implementation plan for England was published in January 2018. This update on the strategy's progress covers 5 main areas:

- empowering those affected by rare diseases
- identifying and preventing rare diseases
- diagnosis and early intervention
- coordination of care
- the role of research

It also sets out the actions that DHSC and partner organisations will take over the next year to implement the commitments of the strategy.

Websites [DHSC](#)

27. Trends in survival after a diagnosis of heart failure in the United Kingdom 2000-2017: population based cohort study

Author: TAYLOR, C.J

Journal: British Medical Journal Vol: 364

Abstract: The aim of this population based cohort study is to report reliable estimates of short term and long term survival rates for people with a diagnosis of heart failure and to assess trends over time by year of diagnosis, hospital admission, and socioeconomic group. Using UK primary care data from 2000 to 2017 linked to hospital and mortality records, researchers at the Nuffield Department of Primary Care Health Sciences in Oxford compared survival rates for 55,959 patients aged 45 and over with a new diagnosis of heart failure with 278,679 matched controls. The study concludes that survival after a diagnosis of heart failure has shown only modest improvement in the 21st century and lags behind other serious conditions, such as cancer. New strategies to achieve timely diagnosis and treatment initiation in primary care for all socioeconomic groups should be a priority for future research and policy.

Websites [BMJ](#)



HEALTH IMPROVEMENT

28. Independent review of drugs: terms of reference

Author: UNITED KINGDOM Home Office

Date: 11 February 2019

Abstract: In October, the Home Secretary announced that there would be a major independent review of drug misuse, building on the work under way since the government's drug strategy was published in 2017.

Professor Dame Carol Black has been asked by the government to lead the review which will build on existing government strategies to combat drugs, serious violence and serious and organised crime. The review will examine the harms that drugs cause and best ways to prevent drug-taking. It will also examine the drivers behind recent trends such as the increased recreational use of Class A drugs by young adults.

Websites [Home Office](#); [News Release](#)

29. Raising the bar on strength and balance: The importance of community-based provision

Author: CENTRE FOR BETTER AGEING

Date: 12 February 2019

Abstract: Maintaining and improving muscle strength and our ability to balance is crucial to helping people live independently as they age and to reducing their risk of a fall. Exercise programmes designed to boost the muscle strength and balance of people at risk of falls and injury – such as resistance training, aerobics classes and yoga groups – are not being prioritised by the NHS and local authority commissioners. The report argues that NHS falls rehabilitation services often don't have the funding or ability to themselves provide strength and balance programmes for more than a few hours over just 6-8 weeks, much less than the 50+ hours over six months needed to make a difference to a person's ability to do everyday activities. It recommends that NHS and local authorities support evidence-based programmes, making sure that the most effective approaches to improving strength and balance are accessible and affordable for everyone. Making people aware of the benefit of strength and balance exercises should be a priority, and commissioners must work together to reinforce the information given to patients. There also needs to be improved collaboration between those referring people to programmes and those delivering them.

Websites [Press Release](#); [Report](#)

30. GambleAware launches "bet regret"

Author: GAMBLEAWARE

Date: 21 February 2019

Abstract: GambleAware, the independent charity tasked with reducing gambling harms in Great Britain, has launched 'Bet Regret', a safer gambling campaign designed to raise awareness of impulsive betting in order to encourage moderation and reduce gambling-related harm. The 'Bet Regret' campaign is one of a number of commitments to come out of the Government's Gambling Review to ensure that the sector is socially responsible and doing all it should to protect consumers and communities. Bet Regret describes the universal feeling of remorse sports bettors often get when they make an impulsive bet – the kind of bet that bettors say they will know they will kick themselves for the moment they made it.

Websites [GambleAware](#)

31. Learning Disabilities Health Check Scheme, England, Quarter 3, 2018-19

Author: NHS DIGITAL
Date: 21 February 2019

Abstract: The learning disabilities health check scheme is designed to encourage practices to identify all patients aged 14 and over with learning disabilities, to maintain a learning disabilities 'health check' register and offer them an annual health check, which will include producing a health action plan. The learning disabilities health check scheme operates on a quarterly basis. This release contains data for the third quarter of the 2018-19 reporting year.

Websites [NHS Digital](#)

32. Sugar reduction in post-Brexit UK: A supply-side policy agenda

Author: RICHARDSON, B
Date: 25 February 2019

Abstract: The withdrawal of the UK from the EU means that new regulations are needed to govern the supply of sugar. This report discusses five policy options that could help reduce sugar consumption in the UK. These are marketing quotas, minimum prices, excise taxes, subsidy reform, and regulation of product composition and labelling. The briefing proposes that these options are applied in a way consistent with other public policy goals such as affordable food for consumers and fair returns for farmers.

Websites [Press Release](#); [Report](#)

33. Eating, Activity, and Weight-related Problems from Adolescence to Adulthood

Author: NEUMARK-SZTAINER, D
Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 133-141

Abstract: Determining the population-based scope and stability of eating, activity, and weight-related problems is critical to inform interventions. This study examines: the prevalence of eating, activity, and weight-related problems likely to influence health; and the trajectories for having at least one of these problems during the transition from adolescence to adulthood. Project EAT I-IV (Eating and Activity in Teens and Young Adults) collected longitudinal survey data from 858 females and 597 males at four waves, approximately every 5 years, from 1998 to 2016, during the transition from adolescence to adulthood. Analyses were conducted in 2017–2018. Measures included high fast-food intake (≥ 3 times/week), low physical activity (<150 minutes/week), unhealthy weight control, body dissatisfaction, and obesity status. The study concludes that the majority of young people have some type of eating, activity, or weight-related problem at all stages from adolescence to adulthood. Findings indicate a need for wide-reaching interventions that address a broad spectrum of eating, activity, and weight-related problems prior to and throughout this developmental period.

Websites [Science Direct](#)

34. Physical Activity in a Randomized Culturally Adapted Lifestyle Intervention

Author: SIDDIQUI, F
Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 187-196

Abstract: Middle Eastern immigrants exhibit high levels of physical inactivity and are at an increased risk for Type 2 diabetes. The primary aim of this study was to examine the changes in objectively assessed physical activity levels following a culturally adapted lifestyle intervention program. The secondary aim was to examine the association between objectively assessed physical activity and insulin sensitivity. The intervention group was offered a culturally adapted lifestyle intervention comprising seven group sessions including a cooking class. The control group received usual care. The findings favour the culturally adapted intervention approach for addressing low physical activity levels among Middle Eastern immigrants. Replacing sedentary time with light-intensity activities could be an achievable goal and will have potential beneficial effects for diabetes prevention among this sedentary group of immigrants.

Websites [Science Direct](#)

35. Cervical Cancer Incidence in Young U.S. Females after Human Papillomavirus Vaccine Introduction

Author: GUO, F

Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 197-204

Abstract: Since 2006, human papillomavirus vaccine has been recommended for young females in the U.S. This study aimed to compare cervical cancer incidence among young women before and after the human papillomavirus vaccine was introduced. Findings show that the 4-year average annual incidence rates for cervical cancer in 2011–2014 were 29% lower than that in 2003–2006 among females aged 15–24 years, and 13.0% lower among females aged 25–34 years. Joinpoint analyses of cervical cancer incidence among females aged 15–24 years revealed a significant joint at 2009 for both squamous cell carcinoma and non-squamous cell carcinoma. Among females aged 25–34 years, there was no significant decrease in cervical cancer incidence after 2006. The study concludes that a significant decrease in the incidence of cervical cancer among young females after the introduction of human papillomavirus vaccine may indicate early effects of human papillomavirus vaccination

Websites [Science Direct](#)

36. Smoking Cessation for Smokers Not Ready to Quit: Meta-analysis and Cost-effectiveness Analysis

Author: ALI, A

Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 253-262

Abstract: This study aims to provide a systematic review and cost-effectiveness analysis on smoking interventions targeting smokers not ready to quit, a population that makes up approximately 32% of current smokers. Twenty-two studies on pharmacological, behavioural, and combination smoking-cessation interventions targeting smokers not ready to quit (defined as those who reported they were not ready to quit at the time of the study) published between 2000 and 2017 were analysed. The effectiveness (measured by the number needed to treat) and cost effectiveness (measured by costs per quit) of interventions were calculated. All data collection and analyses were performed in 2017. Findings show that smoking interventions targeting smokers not ready to quit can be as effective as similar interventions for smokers ready to quit; however, costs of intervening on this group may be higher for some intervention types. The most cost-effective interventions identified for this group were those using varenicline and those using behavioral interventions.

Websites [Science Direct](#)

37. Final Results of the Prospective FH02 Mammographic Surveillance Study of Women Aged 35–39 at Increased Familial Risk of Breast Cancer

Author: EVANS, D.G.

Journal: EClinical Medicine : Early Online

Abstract: Many women who are at increased risk of breast cancer due to a mother or sister diagnosed with breast cancer aged under 40 do not currently qualify for surveillance before 40 years of age. There are almost no available data to assess whether mammography screening aged 35–39 years would be effective in this group, in terms of detection of breast cancer at an early stage or cost effective. A cohort screening study (FH02) with annual mammography was devised for women aged 35–39 to assess the sensitivity and screening performance and potential survival of women with identified tumours. The study concludes that mammography screening aged 35–39 years detects breast cancer at an early stage and is likely to be as effective in reducing mortality as in women at increased breast cancer risk aged 40–49 years.

Websites [Lancet](#)

38. The association between body mass index, waist circumference, waist–hip ratio and cognitive disorder in older adults

Author: LIU, Z

Journal: Journal of Public Health: Early Online

Abstract: This cross-sectional study examined the association between body mass index (BMI), waist circumference (WC), waist–hip ratio (WHR) and cognitive disorder in older adults. The findings show that the prevalence of cognitive dysfunction in older adults was 13.0%. The BMI-based overweight rate, obesity rate and central obesity rate calculated by either WC or WHR were 39.6, 11.4% and 66.5, 65.6%, respectively. The risk of cognitive impairment was increased in elderly individuals ≥ 70 years old than in those < 70 years old. In addition, gender, WHR and smoking habit were also significantly different between the two age groups. The effects of different BMI values and WC/WHR central obesity on cognition impairment were examined in ≥ 70 -year-old adults and found that BMI obesity and WC/WHR central obesity had a combined effect on the incidence of cognition impairment. In conclusion, BMI obesity and WC/WHR central obesity have a combined effect on cognitive impairment and WHR has a stronger association with cognitive impairment than WC.

Websites [Oxford Journals](#)

39. Breast cancer screening (BCS) chart: a basic and preliminary model for making screening mammography more productive and efficient

Author: POOROLAJAL, J

Journal: Journal of Public Health Vol: 40 Part: 2: Pages: 118-125

Abstract: The breast cancer screening (BCS) chart is suggested as a basic and preliminary tool to improve efficiency of screening mammography. This case–control study was conducted in 2016 and enrolled 1422 women aged 30–75 years, including 506 women with breast cancer (cases) and 916 women without breast cancer (controls). The BCS chart was developed using a multiple logistic regression analysis. The risks of breast cancer were combined to predict the individual risk of breast cancer. Then, they stratified and coloured the predicted risk probabilities. Findings show that the BCS chart provides the risk probability of breast cancer, based on age, body mass index, late menopause, having a benign breast disease and a positive family history of breast cancer among the first-degree or the second/third-degree relatives. According to this chart, an individual can be classified in a category of low risk (green), medium risk (yellow and orange), high risk (red and brown) and very high risk (black) for breast cancer. In conclusion, the chart is a flexible and easy to use tool that can detect high-risk subjects and make the screening program more efficient and productive.

Websites [Oxford](#)

40. Development of a multi-component lifestyle intervention for preventing type 2 diabetes and cardiovascular risk factors in adults with intellectual disabilities

Author: DUNKLEY, A

Journal: Journal of Public Health Vol: 40 Part: 2: Pages: 141-150

Abstract: This study reports on the development of the 'STOP Diabetes' education programme, a multi-component lifestyle behaviour change intervention for the prevention of type 2 diabetes and cardiovascular risk factors in adults with intellectual disabilities (ID). The STOP Diabetes education programme employed a theoretical framework, using sound learning and behavioural principles and concrete kinaesthetic methods, to provide the grounding for innovative games and activities to promote health behaviour change in adults with ID. Qualitative data also suggested that two educators and one support person delivering a programme of one carer session followed by seven 2.5-h sessions over 7 weeks was acceptable to service users, carers and educators and appeared to benefit the participants. The study concludes that the STOP Diabetes education programme was successfully developed and is suitable for a definitive randomized controlled trial.

Websites [Oxford](#)



HEALTH PROTECTION

41. Managing common infections: guidance for primary care

Author: PUBLIC HEALTH ENGLAND; NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: 08 February 2019

Abstract: This updated guidance is to help GPs and healthcare staff to treat infections and use antibiotics responsibly. Public Health England (PHE) and the National Institute for Health and Care Excellence (NICE) jointly produced the summary tables which are hosted on the [NICE website](#).

Websites [PHE](#); [NICE](#)

42. Moving the Needle: Promoting vaccination uptake across the life course

Author: ROYAL SOCIETY FOR PUBLIC HEALTH

Date: 08 February 2019

Abstract: This report looks at the importance of vaccination through childhood, working-age adulthood, and later life, and explores the barriers to uptake at different stages of the life course. This report calls for the tackling of negative misconceptions of vaccines and to improve access to vaccinations.

Websites [Press Release](#); [Report](#)

43. Reservoirs of Antimicrobial Resistance

Author: Houses of Parliament Parliamentary Office of Science and Technology

Date: 19 February 2019

Abstract: The widespread use of antimicrobials, particularly antibiotics, has accelerated the spread of antimicrobial resistance (AMR) in microbes. A recent report by the Health and Social Care Committee called for AMR to be a 'top five policy priority'. This POSTnote evaluates the main reservoirs of AMR microbes arising from the use of antimicrobials in both humans and animals.

Websites [POST](#)

44. Use of potentially contaminated residential land, gardens and allotments

Author: PUBLIC HEALTH ENGLAND

Date: 19 February 2019

Abstract: As with many other industrialised nations, the UK has a legacy of contaminated sites, including former factories, mines, steelworks, refineries and landfills. At these sites, there can be a variety of potentially harmful substances such as oils and tars, waste metals, organic compounds, gases and mining materials that are left over from, or created by, historical activities on site. This document is intended for local authorities to be used for the management of contaminated land issues. It includes public health advice on how to reduce exposure to chemical based soil contaminants. Although much of the advice is still valid, it should not be used for biological or radiation based contamination.

Websites [PHE](#)

45. Children's vaccine 87% effective against circulating flu strain

Author: PUBLIC HEALTH ENGLAND
Date: 22 February 2019

Abstract: Public Health England (PHE) has published mid-season data on the effectiveness of this year's flu vaccines, alongside data from other countries, in Eurosurveillance. The data suggest that the nasal spray flu vaccine is 87% effective in children aged 2 to 17 years against the main circulating strain, influenza A(H1N1)pmd09. Vaccine uptake in children aged 2 and 3 is 43% and 45.2% respectively, and among school-aged children, this ranges from 56.2% to 63.9% depending on year group. Whilst these are the highest levels ever, there is still more that can be done to increase uptake.

Websites [PHE](#)

46. Sexual health

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE
Date: February 2019

Abstract: This quality standard covers sexual health, focusing on preventing sexually transmitted infections (STIs). It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

**MATERNITY AND INFANTS**

47. TB, BCG and your baby leaflet

Author: PUBLIC HEALTH ENGLAND
Date: 21 February 2019

Abstract: This leaflet is about the BCG vaccination being offered to protect your baby against tuberculosis (TB).

Websites [PHE](#)

48. Fetal anomalies: screening, conditions, diagnosis, treatment

Author: PUBLIC HEALTH ENGLAND
Date: 19 February 2019

Abstract: This collection of documents, from Public Health England, describe conditions screened for by the NHS fetal anomaly screening programme (FASP), including diagnostic tests and treatment options. Two new documents have been added:

[Anencephaly: description in brief](#)

[Spina bifida: information for parents](#)

Websites [PHE](#)

49. First 1000 days of life: Thirteenth Report of Session 2017–19

Author: UK House of Commons Health and Social Care Committee
Date: 26 February 2019

Abstract: The first 1000 days of life, from conception to age 2, is a critical phase during which the foundations of a child's development are laid, with more than a million new brain connections made every second. If a child's body and brain develop well then their chances of a healthy life are improved. In this report the Committee is asking the Government to produce a long-term, cross-Government strategy for the first 1000 days of life, setting demanding goals to reduce adverse childhood experiences, improve school readiness and reduce infant mortality and child poverty. The Committee then wants all local authorities to develop plans - with the local NHS, communities and the voluntary sector - to implement this strategy, bringing improved support for children, parents and families in their area. Funds should be pooled to deliver shared, agreed actions. The report also calls for the Government's Healthy Child Programme to be revised, improved and given greater impetus.

Websites [Press Release](#); [Report](#)

50. Effectiveness of Prenatal Tetanus, Diphtheria, Acellular Pertussis Vaccination in the Prevention of Infant Pertussis in the U.S.

Author: BECKER-DREPS, S
Journal: American Journal of Preventive Medicine Vol: 55 Part: 2: Pages: 159-166

Abstract: It is recommended that all pregnant women in the U.S. receive tetanus, diphtheria, acellular pertussis (Tdap) immunization to prevent infant pertussis. This study's objective was to examine the clinical effectiveness of prenatal Tdap, and whether effectiveness varies by gestational age at immunization. A nationwide cohort study of pregnant women with deliveries in 2010–2014 and their infants was performed. There were 675,167 mother–infant pairs in the cohort. Among infants whose mothers received prenatal Tdap, the rate of pertussis was 43% lower than infants whose mothers did not receive prenatal or postpartum Tdap; this reduction was consistent across pertussis definitions. Pertussis rates were also lower for infants whose mothers received Tdap during the third trimester. Infants whose mothers received Tdap at <27 weeks of gestation did not experience reductions in pertussis rates. The study concludes that infants of mothers who received prenatal Tdap experienced half the rate of pertussis as compared with infants of unimmunized mothers. These results do not provide evidence to support changing the currently recommended timing of Tdap administration in pregnancy.

Websites [Science Direct](#)

51. Strength-based approaches: a realist evaluation of implementation in maternity services in Scotland

Author: CROSS, B
Journal: Journal of Public Health Vol: 26 Part: 4: Pages: 425-436

Abstract: Strength-based approaches draw on patients' strengths and perspectives to partner with them in their own care, recovery and problem solving. The effectiveness of strength-based approaches to address complex health problems has a growing evidence base leading to its incorporation within universal services in many countries. However, practitioners' understanding of implementation of strength-based approaches, such as how to agenda match, set goals and revise plans within universal services are under-researched. Maternity services are a key point of access to health services and women's experiences of them have consequences for families' future willingness to engage with public health provision. This study researched strength-based components of children's services policy, Getting It Right For Every Child, in maternity care in Scotland. Findings show that whilst midwives reported adopting more open approaches to raising sensitive issues with women, many midwives were unfamiliar with strength-based approaches and were not drawing upon them, in contrast to a perception amongst managers that training and implementation was common. These findings suggest implementation of strength-based approaches within universal services require further attention to training and embedding culture change.

Websites [Springer](#)

52. Smoking during pregnancy, stigma and secrets: Visual methods exploration in the UK

Author: GRANT, A

Journal: Women and Birth: Early Online

Abstract: Moral judgements are commonly directed towards mothers through reference to health behaviour in pregnancy, and working-class mothers are particularly subject to this moral gaze. The aim of this study was to gain an in-depth understanding of the health issues affecting 10 low income pregnant women from deprived areas of south Wales, UK. Participants completed visual activities (timelines, collaging or thought bubbles and dyad sandboxing) prior to each interview. Smoking was discussed at length during interviews, and this paper focuses on this issue alone. Five of the participants had smoked during pregnancy. Negative reactions were directed towards pregnant women who smoked in public, resulting in maternal smoking being undertaken in private. Participants also reported awkward relationships with midwives and other health professionals, including receipt of public health advice in a judgemental tone. Smoking during pregnancy is a particularly demonised and stigmatised activity. In conclusion the stigma from friends, family, strangers and health professionals may lead to hidden smoking. This is a barrier to women obtaining evidence based stop smoking support.

Websites [Science Direct](#)



MENTAL HEALTH AND WELLBEING

53. Modernising the Mental Health Act – final report from the independent review

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 14 February 2019

Abstract: The Independent Review of the Mental Health Act 1983, published in December 2018, set out recommendations for government on how the Act and associated practice needs to change. The update consists of corrections to Annex A and B of the final document Modernising the Mental Health Act: increasing choice, reducing compulsion, and the addition of supporting documents to the review.

Websites [DHSC](#)

54. Dementia 2020 challenge: progress review

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 22 February 2019

Abstract: This report summarises the views of stakeholders on the progress of the challenge on dementia so far and sets out actions for the final 2 years of the challenge.

Websites [DHSC](#)

55. Guide to dementia-friendly sport and physical activity

Author: SPORT ENGLAND; ALZHEIMER'S SOCIETY

Date: 12 February 2019

Abstract: Sports England have teamed up with the Alzheimer's Society to produce a dementia-friendly sport and physical activity guide. The guide, which was produced with National Lottery, aims to help the sports sector bring down barriers that prevent people living with dementia from taking part in sport and physical activity. The guide shares good practice and creative ideas from across the sector. It aims to inform and educate individuals and organisations so they have a better understanding of dementia and how it affects people. It also provides tools and guidance so that the sector can help more people affected by dementia lead more active lives. This guide highlights the many ways that organisations can better support people affected by dementia, so that they can participate in their local community. The guide is available to download from the Alzheimer's Society website. You will need to complete a short registration form to before doing so.

Websites [Sports England](#); [Alzheimer's Society](#)

56. Monitoring the Mental Health Act in 2017/18

Author: CARE QUALITY COMMISSION

Date: 26 February 2019

Abstract: The Care Quality Commission's (CQC) annual report on the use of the Mental Health Act (MHA) looks at how providers are caring for patients, and whether patient's rights are being protected. The CQC has seen some improvement in the quality of care planning for patients who are subject to the MHA but continues to be concerned about the quality and safety of mental health wards.

Websites [Report](#); [Press Release](#)



WIDER DETERMINANTS

57. Alcohol-related violent crime 2018: still a national priority?

Author: ALCOHOL POLICY UK

Date: 12 February 2019

Abstract: The latest figures from the [Crime Survey for England and Wales \(CSEW\) 2019](#) indicate victims of crime believed the perpetrator(s) to be under the influence of alcohol in 39% of 561,000 violent incidents (218,790) for the year 2017/18. Alcohol Policy UK examines the evidence for a fall in the figures since 2013/14. Consumption of alcohol has declined, but the complex picture behind the overall trend includes extensive changes in definitions and recording of crime.

Websites [Alcohol Policy UK](#)

58. The State of Rural Services Report 2018

Author: RURAL SERVICES NETWORK

Date: 11 February 2019

Abstract: This report looks at vital services across key areas including health and public health, public transport, libraries, young people's services and retail. The report lays bare the difficult situation facing those in rural areas – covering 17 per cent of England's population overall. Nearly a quarter of the rural population is aged 65 or over, with this group particularly vulnerable to underinvestment in healthcare and declining high

streets. Yet they face increasing access barriers to getting around as rural transport provision is axed by local authorities struggling with budgetary constraints. According to the research, less public funding is directed towards rural residents than in urban areas, despite the higher cost of providing essential services such as social care, education and public transport in rural parts. For example, local authority expenditure on public transport is significantly higher in predominantly urban areas with 63 per cent more spent on bus subsidies, and 348 per cent more spent on discretionary concessionary fares.

Websites [Rural Services Network](#)

59. Reshaping financial support: how local authorities can help to support low income households in financial difficulty

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 19 February 2019

Abstract: This study has looked at how 10 councils have been reviewing their approaches so that they can better target their resources on those in greatest need, as well as deliver more holistic responses to support people to become more financially resilient in the longer term.

Websites [LGA](#)

60. Home is where the health is: How much of a role does the home we live in play in our wellbeing?

Author: ADAMS, S

Date: 15 February 2019

Abstract: Sue Adams, OBE, CEO of Care & Repair England, discusses the importance of reconsidering the relationship between poor housing and health in older people.

Websites [Age UK](#)

61. What is the difference between sex and gender?

Author: OFFICE FOR NATIONAL STATISTICS

Date: 21 February 2019

Abstract: This article sets out the interpretation of the terms “sex” and “gender”, which the Office for National Statistics (ONS) and UK government bodies will be using to assess how the UK is progressing towards the achievement of the UN Sustainable Development Goals (SDGs). SDGs are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030. The goals cover a range of areas, including health, the environment, the economy and inequalities. Sex and gender are relevant across the SDGs as a whole, but are particularly important for Goal 5: Gender equality.

Websites [ONS](#)

62. Trends in life expectancy in EU and other OECD countries

Author: ORGANISATION FOR ECONOMIC CO-OPERATION AND DEVELOPMENT

Date: 28 February 2019

Abstract: This paper reports on trends in life expectancy in the 28 EU countries and some other high-income OECD countries, and examines potential explanations for the slowdown in improvements in recent years. The slowdown in improvements in life expectancy since 2011 has been greatest in the USA, where life expectancy has fallen in recent years, and the UK, but France, Germany, Sweden and Netherlands have also seen a sharp slowdown. Although some risk factors, such as smoking, excessive alcohol consumption, high blood pressure and cholesterol levels, continue to decline in most EU countries, the prevalence of obesity and diabetes continues to rise. Adverse trends in inequalities could also have an impact if some population groups

experience lower gains in longevity than others, thereby reducing the overall gain. The timely monitoring and investigation of mortality trends, including through international collaboration where possible, can facilitate early implementation of remedial strategies.

Websites [OECD](#)



OTHER

63. NHS Performance Statistics: December 2018 to January 2019

Author: NHS ENGLAND

Date: 14 February 2019

Abstract: This monthly release aims to provide users with an overview of NHS performance statistics in these key areas. Urgent and Emergency Care; Planned Care; Cancer and Mental Health. Official statistics are designed to give informative and impartial information about the performance of the NHS.

Websites [NHS England](#)

64. Declare Your Care

Author: CARE QUALITY COMMISSION

Date: 19 February 2019

Abstract: The Care Quality Commission (CQC) is calling for people to speak up about their experiences of care, as new research shows that almost 7 million people in England who have accessed health or social care services, in the last five years have had concerns about their care, but never raised them. Of these, over half (58%) expressed regret about not doing so. The most common reasons for not raising a concern were not knowing how (20%) or who (33%) to raise it with, not wanting to be seen as a 'troublemaker' (33%) and worries about not being taken seriously (28%). Over a third of people (37%) felt that nothing would change as a result. However, when people did raise a concern or complaint, the majority (66%) found their issue was resolved quickly, it helped the service to improve and they were happy with the outcome. The research is being published today by CQC to mark the launch of their 'Declare Your Care' campaign. The campaign is encouraging people to share their experiences of care with CQC to support its work to improve standards of care in England.

Websites [CQC](#)

65. Avoidable mortality in the UK: 2017

Author: OFFICE FOR NATIONAL STATISTICS

Date: 22 February 2019

Abstract: Deaths from causes that are considered avoidable in the presence of timely and effective healthcare or public health interventions. Data are based on a revised definition of avoidable mortality (introduced in data year 2014) for all persons and a separate indicator for children and young people. Some of the main points include:

- In 2017, approximately 23% of all deaths in the UK were considered avoidable (141,313 deaths out of 607,172).

- Avoidable mortality in the UK has statistically significantly decreased since 2016, from 228.7 deaths per 100,000 population to 224.7 deaths per 100,000 population in 2017.
- In 2017, Scotland had the highest avoidable mortality rates for six out of the seven broad causes, whilst Wales had the highest rate for respiratory diseases.
- Since 2014, the largest changes in avoidable mortality rates were for injuries (with a 37% increase in Northern Ireland, 21% increase in Scotland and 19% increase in Wales) and respiratory diseases (6% increase in England and 19% increase in Wales) with all increases being statistically significant.
- 34% of deaths in children and young people were from causes considered avoidable in 2017.

Websites [ONS](#)

66. NHS Dental Statistics for England, 2018-19, Second Quarterly Report

Author: NHS DIGITAL

Date: 21 February 2019

Abstract: This provides dental activity statistics for England covering July to September 2018 and patients seen data for 24 month period (adults) and 12 month period (children) up to 31 December 2018.

Websites [NHS Digital](#)

67. The community paradigm: Why public services need radical change and how it can be achieved

Author: LENT, A

Date: 25 February 2019

Abstract: Our public services, designed in previous eras, are struggling to adapt to the rising demand pressures they face today. Yet across public services in the UK and beyond, radical innovations are emerging which meet the challenge. The feature that connects these innovations is the handing over of significant power and resource to communities. Using these innovations as inspiration, The Community Paradigm sets out a compelling case for a deep shift in public services based on a completely new relationship between citizen and state. This relationship rejects the hierarchical and transactional mind sets of traditional service models which all too often bypass people's assets and capabilities. Instead, it fosters collaboration between the public servant and the citizen, sharing power and resources more directly with people, to embed prevention and ensure future sustainability.

Websites [Press Release](#); [Report](#)

68. Health Education England mandate: 2018 to 2019

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 27 February 2019

Abstract: This document sets out the government's objectives for Health Education England (HEE) to provide healthcare education and training. The HEE mandate for 2018 to 2019 covers strategic objectives around:

- workforce planning
- health education
- training and development

Websites [DHSC](#)

69. DHSC and HEE framework agreement: 2018 to 2021

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE; HEALTH EDUCATION ENGLAND

Date: 26 February 2019

Abstract: This document describes the working relationship between the Department of Health and Social Care (DHSC) and Health Education England (HEE). The framework agreement defines how the Department of Health and Social Care and Health Education England will work together to serve patients, the public and the taxpayer. It sets out roles, responsibilities, governance and accountability arrangements

Websites [DHSC](#); [HEE](#)